

# Moving From Theory to Practice

Joan Gillece, Ph.D.

“When a flower doesn’t  
bloom you fix the  
environment in which it  
grows, not the flower.”

# Things to Remember



Underlying  
question =

“What  
happened to  
you?”

Symptoms =

Adaptations  
to traumatic  
events

Healing  
happens

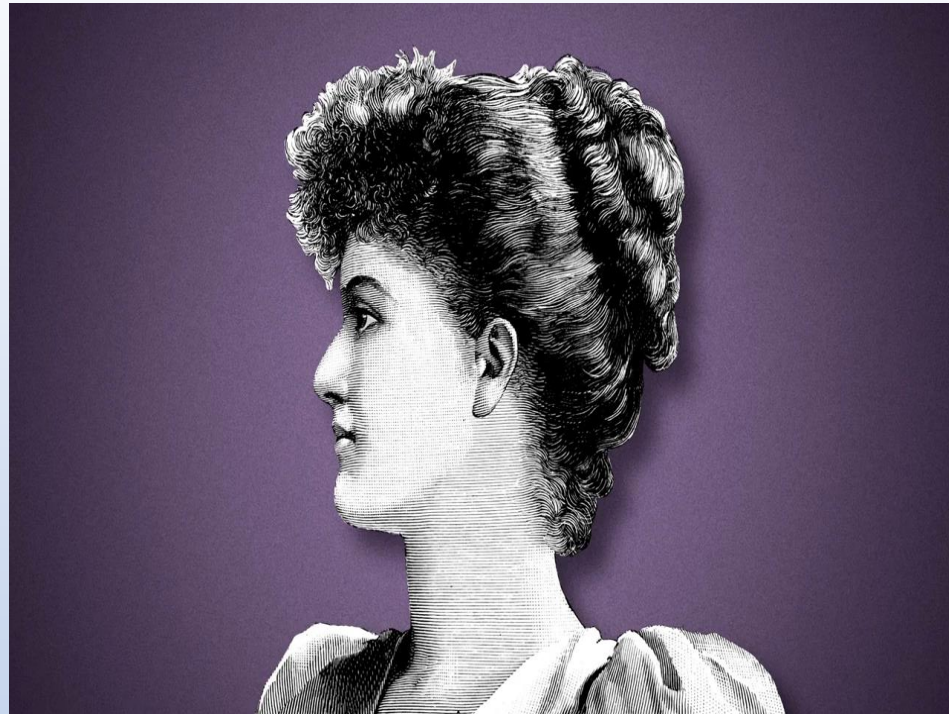
In  
relationships

Video: [Power of Empathy](#)

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# The Power of Empathy



**TRAUMA IS NOT WHAT  
HAPPENS TO US,  
BUT WHAT WE HOLD INSIDE IN  
THE ABSENCE OF AN  
EMPATHETIC WITNESS.  
-PETER LEVINE**

# What is Trauma?

***Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.***

# The Three E's in Trauma

**Events**

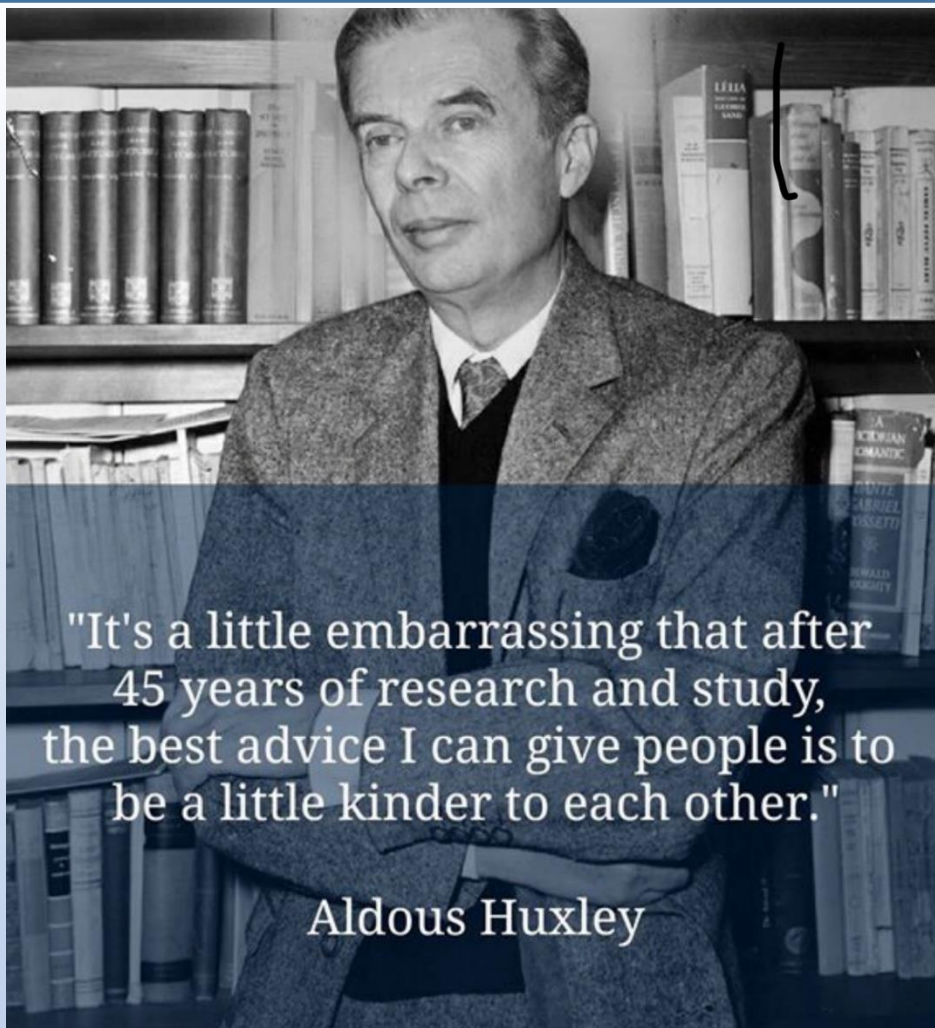
*Events/circumstances  
cause trauma.*


**Experience**

*An individual's **experience**  
of the event determines  
whether it is traumatic.*

**Effects**

***Effects** of trauma include  
adverse physical, social,  
emotional, or spiritual  
consequences.*





You can't go back and  
change the beginning,  
but you can start where  
you are and change  
the ending.

C.S. LEWIS

# Potential Traumatic Events

## Abuse

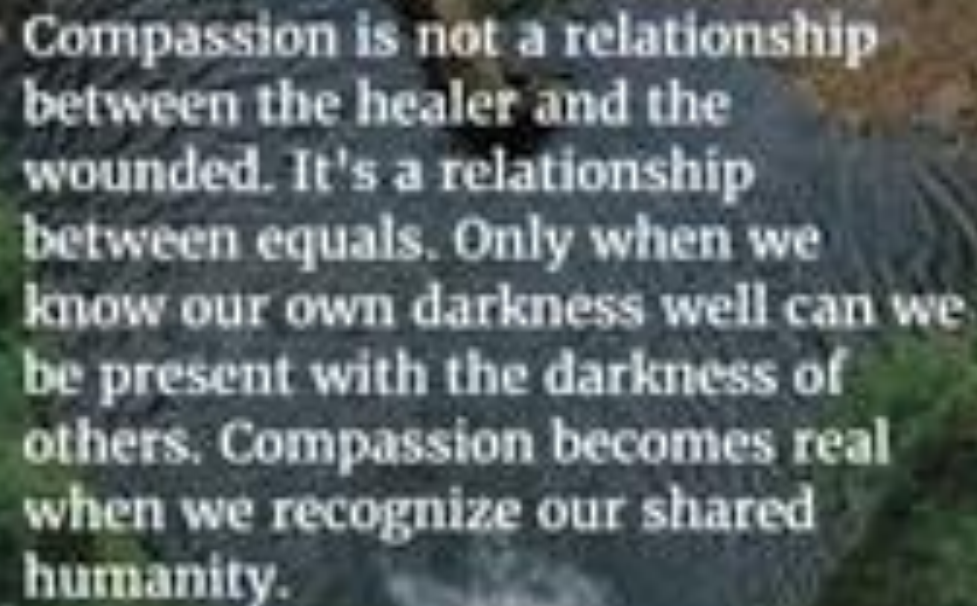
- *Emotional*
- *Sexual*
- *Physical*
- *Domestic violence*
- *Witnessing violence*
- *Bullying*
- *Cyberbullying*
- *Institutional*

## Loss

- *Death*
- *Abandonment*
- *Neglect*
- *Separation*
- *Natural disaster*
- *Accidents*
- *Terrorism*
- *War*

## Chronic Stressors

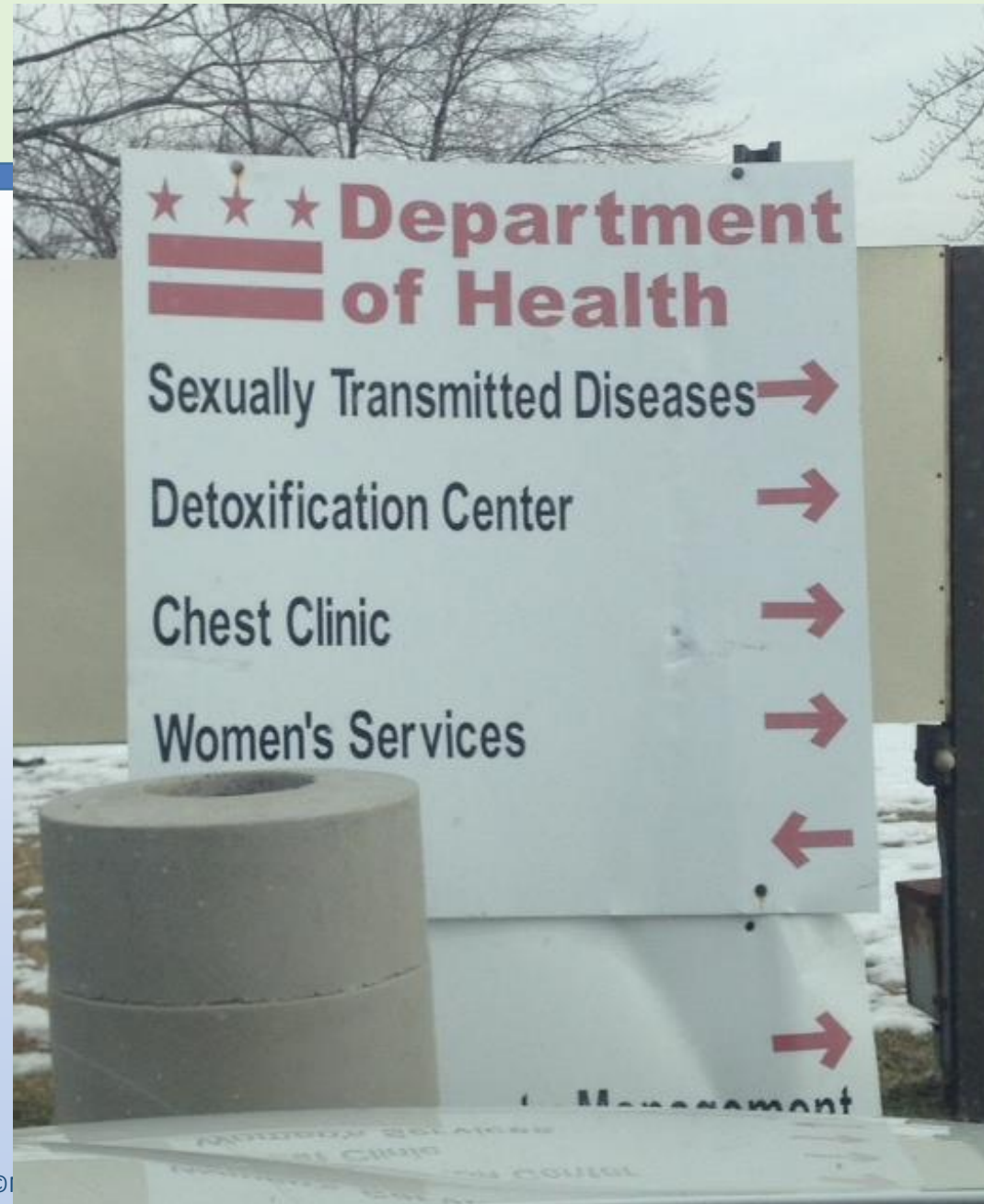
- *Poverty*
- *Racism*
- *Invasive medical procedure*
- *Community trauma*
- *Historical trauma*
- *Family member with substance use disorder*



Compassion is not a relationship  
between the healer and the  
wounded. It's a relationship  
between equals. Only when we  
know our own darkness well can we  
be present with the darkness of  
others. Compassion becomes real  
when we recognize our shared  
humanity.

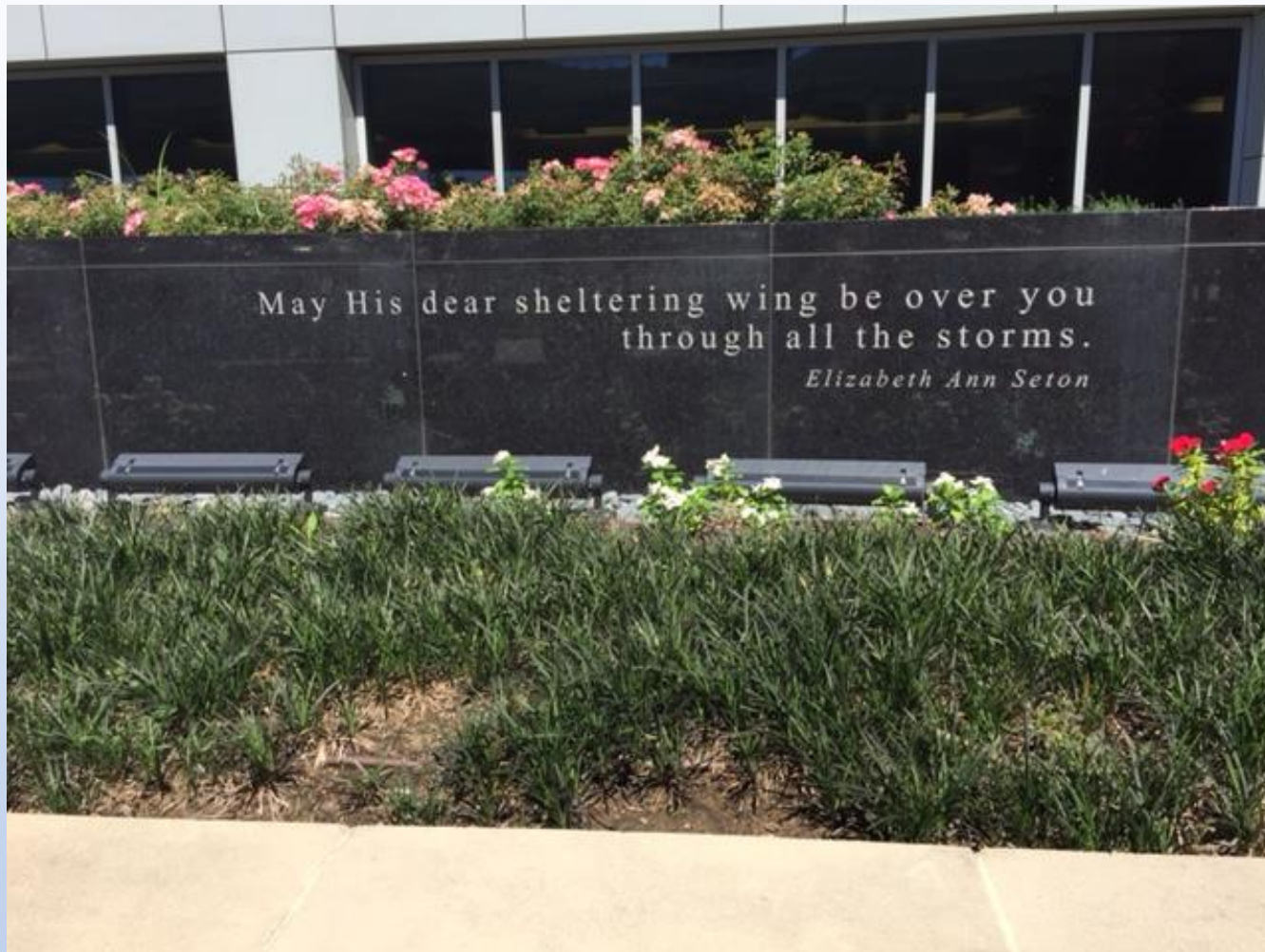
- Pema Chodron





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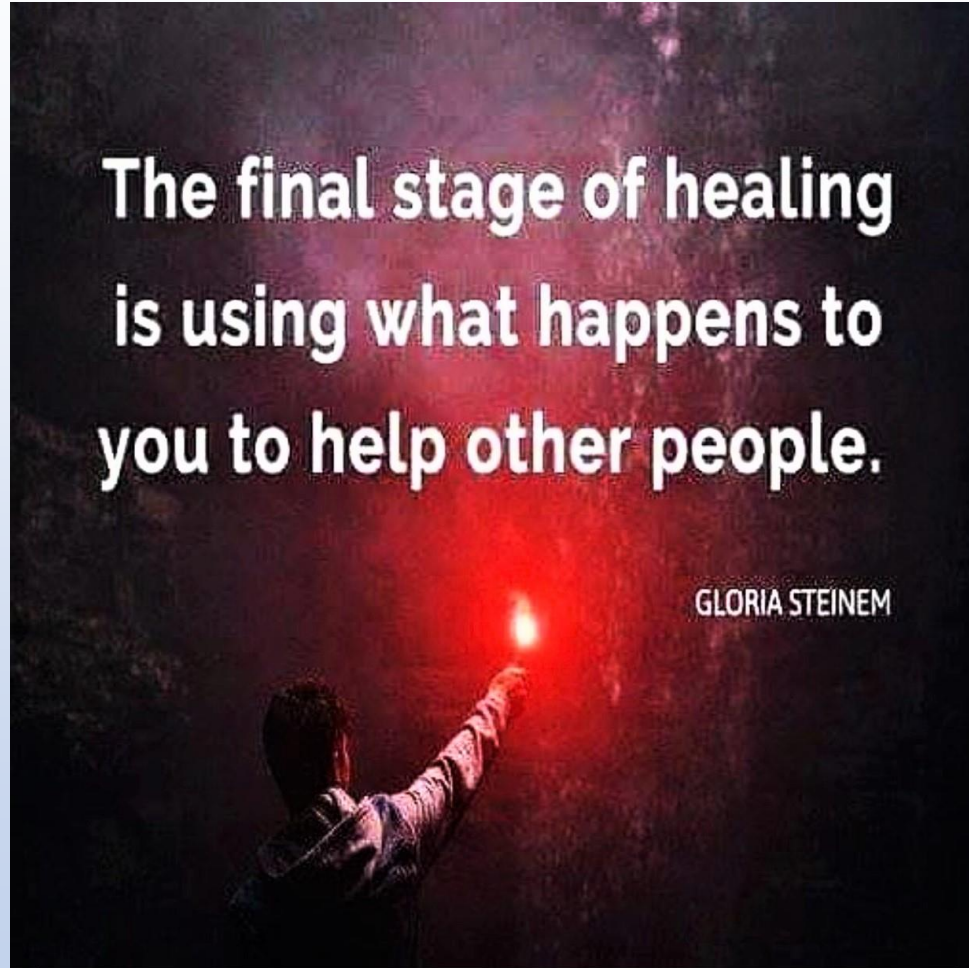






**The final stage of healing  
is using what happens to  
you to help other people.**

GLORIA STEINEM











**I've learned that people will forget what  
you said, people will forget what you did,  
but people will never forget how you  
made them feel.**

~ Maya Angelou